

freedieting

the Weight Loss Guide

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Weight Loss Supplements and Diet Pills

Successful and healthy fat loss can be achieved by proper diet and appropriate exercise *alone*. There is no magic bullet for weight loss. *Some* supplements and pills can provide an edge - but will only give you that extra 5-10% 'boost'.

If you intend to use diet supplements, try and get the basics right first - diet plan, weight training, cardiovascular exercise, goal-setting and consistency.

The Truth about Diet Supplements

There are a multitude of **diet pills**, **diet supplements**, and **weight loss formulas** to choose from. This is a multi-million dollar industry in the US alone.

The reality is however, there is a risk of side effects from virtually all diet pills. What's worse is that some simply don't work at all. There is a lot of deceptive marketing that goes on when advertising weight loss supplements - if you are taking care of your diet and exercise, it is difficult to tell exactly how effective the supplement is.

Having said all this, many people report success, but be aware that advertising on these products is often very overrated. There are some ingredients, such as Green Tea Extract, L-Tyrosine, and Flax oils, that research suggests DO work.

How To Get The Truth

To get the full story, and access to a private message board that has the truth about *all* weight loss supplements - get Fat Loss Revealed - **see the full review here**.

Supplement Brands

Most weight loss supplements are simply a collection of (mostly) the same ingredients - at varying quality (see ingredients below). Some brands are heavily advertised and receive celebrity endorsement: TrimSpa, Hydroxycut, Relacore, Zantrex. Due to the removal of Ephedra - these are all Ephedrine-free - something that many believe has made the pills less effective.

Do not confuse *herbal* diet supplements with prescription diet pills. Diet Supplements are available over-the-counter at health shops. Read more about prescription diet pills.

Herbal Ingredients

Chromium

Diet Pill Reviews

What Really Works? We Rank the top weight loss diet pills
WhichDietPill.com

Diet Pills- Phentramine

Phentramine \$53 & Ships Overnight. 90 day Free Shipping. No Dr. Denial
www.pghp.com

Does NV Work?

2007's Top Diet Pills Compared See If NV Made The Top 10
www.dietawarenessinstitute.org

20lbs in 3 Weeks- no diet

Mom Lost 125 Pounds. Get the Body You've Always Wanted. Start Now!
www.SuesHealthCenter.com

Top 3 Weight Loss Pills

Take the guesswork out of buying. Learn which pills actually work...
[Click-Here-Now.us](#)

Sonoma Diet
Weight Watchers

Available in the form Chromium Picolinate. Research has produced conflicting results - but Chromium is certainly no miracle weight loss nutrient. However some people are chromium deficient and should aim to supplement their diet (from whole foods or supplements). [See Chromium Supplements](#)

Ephedra

Recently banned by the FDA due to some unfortunate incidents. When Ephedra is often combined with Caffeine (called EC) research has shown that weight loss has occurred (due to an increase in thermogenesis). However the side effects presented a risk (often due to people overdoing their dosage).

Synephrine / Citrus Aurantium / Bitter Orange

Synephrine is found in Citrus Aurantium and is similar to Ephedra (with similar side effects). However research remains unconvincing as to its affect on weight loss.

Tyrosine

Tyrosine is an amino acid that acts as a mild stimulant. Tyrosine assists in maintaining a higher metabolic rate. As for weight loss, Tyrosine provides assistance really only when synergistically combined with other ingredients.

DHEA

DHEA is a hormone produced in the body and is marketed as a general health tonic. DHEA levels fall off as we get older. As a weight loss supplement there is little or no proof that DHEA causes fat loss. However as a general supplement - many people swear by it.

Green Tea

Green Tea Extract is found in most weight loss formulas. There are many many health benefits arising from green tea (provided the extract is a good one). There are many studies that have shown green tea (in quality form) HAS resulted in increased metabolism and fat loss. See more about [Green Tea](#).

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